

Savory Black-Eyed Peas With Bacon

Ingredients:

- 4 slices bacon, cut into 1-inch pieces
- 2 1/2 cups chicken broth
- 1 cup dried black-eyed peas, sorted and rinsed
- 2 medium celery ribs, sliced (1 cup)
- 1 large onion, chopped (1 cup)
- 1 1/2 tablespoons chopped fresh savory (or 1 1/2 teaspoons dried savory)
- 1 garlic clove, finely chopped
- 3 medium carrots, thinly sliced (1 1/2 cups)
- 1 large green bell pepper, cut into 1-inch pieces
- 1/2 cup shredded monterey jack pepper cheese



Directions:

1. Cook bacon in 10-inch skillet over medium heat, stirring occasionally, until crisp. Remove bacon with slotted spoon; drain on paper towels. Drain fat from skillet.
2. Heat broth, peas, celery, onion, savory and garlic to boiling in same skillet.
3. Boil uncovered 2 minutes; reduce heat. Cover and simmer about 40 minutes, stirring occasionally, until peas are almost tender (do not boil or peas will burst).
4. Stir in carrots and bell pepper.
5. Heat to simmering. Cover and simmer about 13 minutes, stirring occasionally, until vegetables are tender; stir.
6. Sprinkle with cheese and bacon.

Serves 4

Prep Time: 1 hour 10 minutes 10 mins

Recipe from: www.recipezaar.com/137315

WOW Healthier Recipe Tip:

To reduce fat content - use a low-fat or fat free bacon (there are some turkey bacon varieties). Drain bacon well if it does contain fat. Use low-fat cheese. Both bacon and cheese may be omitted or cut in half.

To reduce sodium content - use low sodium broth, low sodium bacon, low sodium cheese.